

OCTOBER 2019	MT. VERNON SENIOR CITIZENS MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Stewed Apples Orange Juice/Skim Milk	3	4 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Fresh Fruit Orange Juice/Skim Milk	
7	8	9 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Ambrosia Orange Juice/Skim Milk	10	11 Oatmeal Scrambled Eggs/Turkey Sausage Hash Brown Patty Mixed Fruit Orange Juice/Skim Milk	
14	15	16 Turkey Sausage Biscuit w/Country Gravy Scrambled Eggs Stewed Apples Orange Juice/Skim Milk	17	18 Scrambled Eggs Hash Browns Turkey Sausage Sliced Strawberries Orange Juice/Skim Milk	
21	22	23 French Toast Turkey Sausage Scrambled Eggs Sliced Strawberries Orange Juice/Skim Milk	24	25 Scrambled Eggs Hash Browns Turkey Sausage Mixed Fruit Orange Juice/Skim Milk	
28	29	30 Pancakes w/Syrup Scrambled Eggs Turkey Sausage Mixed Fruit Orange Juice/Skim Milk	31		
Center Phone: 501-849-2323 Open Wednesday & Friday 7:00 AM — 12:00 Noon Like us on Facebook!					